





DIRECTOR'S MESSAGE

Summer is the perfect time to start something new, and that's exactly what we are doing here at the Fallbrook Community Center! In the last several months, we have experienced some staff changes with longtime staff retiring or taking on new challenges at other sites. With this change comes new opportunities and a fresh perspective. The new staff and I are full of enthusiasm and motivated to provide the most exceptional parks and recreational experiences to each person that walks through our doors. So, when you are in the area, stop by and say hi - we want to meet you! The programming being offered this summer is just as exciting. We will be offering everything from your old favorites like Yoga and Zumba to new volleyball camps, karate and gymnastics classes. Our special events this summer will include, Movies in the Park in June, July (Live Oak Park), and August, and Battle of the Bands will take center stage in July. No matter what your goals are this summer YOUR community center is here to provide you with the opportunity to meet them. So, be healthy, stay safe, and have fun!

Johanna "Jo" Salomon
Fallbrook Community Center Supervisor

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FALLBROOK COMMUNITY CENTER

FALLBROOK COMMUNITY CENTER

341 Heald Lane
Fallbrook CA 92028

Call (760) 728-1671 for information and registration. Adult and youth scholarships available for classes and camps. For more information stop by or call the Community Center Office.

Email fallbrook.community.center@sdcountry.ca.gov

HOURS OF OPERATION

Days *Monday – Friday*
Time *9:00 am – 6:30 pm*
Saturday & Sunday closed for private events

HOLIDAY CLOSURES

The Fallbrook Community Center will be closed in observance of the following holidays:

May 25, Memorial Day
July 4, Independence Day
September 1, Labor Day

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer
Helen N. Robbins-Meyer

Department Director
Brian Albright



LIVE WELL
SAN DIEGO

Look for the **Live Well San Diego** logo throughout the program guide for classes that have a health and wellness benefit for the participant.

THE FRIENDS OF FALLBROOK COMMUNITY CENTER

A 501c3 NON-PROFIT ORGANIZATION

"Aiding the Fallbrook Community Center by providing funds and volunteer services, which contribute to the fitness, education, and well-being of Fallbrook residents of all ages."

- Calendar of Events & Classes – Find out about exciting programs at the Center.
- Become a Member – You can make a difference!
- Donate or Volunteer – Your involvement helps the Center remain an enriching force in Fallbrook.
- Learn More about our Friends group which has supported the Center for many years. The Friends help sponsor special events and programs for all ages, raise funds to purchase equipment, and subsidize affordable programs for children.

Become involved now by calling the Community Center Office at (760) 728-1671, or visit our website for more details at: www.FallbrookCommunityCenterFriends.org.

TEACHING AT FALLBROOK COMMUNITY CENTER

Community Center Instructors share their passion with eager participants, have fun, make some money and give back to their community. Whether your specialty is in the arts, dance, sports, cooking or other areas we would like to hear from you. For more information, please contact the Community Center Office at (760) 728-1671, or fallbrook.community.center@sdcountry.ca.gov.



SPECIAL EVENTS

SUMMER MOVIES IN THE PARK

Movie	The Book of Life
Date	Friday, June 12
Time	Dusk
Location	Fallbrook Community Center (Back Lawn)

Movie	Big Hero 6
Date	Friday, July 17
Time	Dusk
Location	Live Oak Park (Multi-use sports field)

Movie	Home
Date	Friday, August 7
Time	Dusk
Location	Fallbrook Community Center (Back Lawn)

Bring your lawn chairs, blankets and enjoy a fun, family night at Summer Movies in the Park. The evening includes games, activities, and healthy giveaways. More movie information can be found on page 12.

SAN DIEGO BLOOD BANK

Date	Thursday, June 11
Time	12:30 pm – 5:30 pm

Giving blood is one of the most effective ways to help your community because it saves lives. Donating blood is a very safe and simple process. Donors are accepted from 12:30 pm - 5:30 pm. For an appointment call (800) 479-3902 ext 8251.

BATTLE OF THE BANDS

Date	Saturday, July 18
Time	2:00 pm – 8:00 pm

Whether you play at parties, dances, talent shows, paid gigs or in your garage; this event is open to all teen bands in the area. The bands will be rated by a panel of judges on presentation, originality, interaction with audience and quality of performance. Amps, mics, drum kit, staging, and lights are all provided. Bands need only bring instruments, cords and pedals. All band entries are due July 3rd. Cash Prizes and Awards presented to 1st and 2nd place winners!



BATTLE OF THE BANDS

CHILD ENRICHMENT

QCS CHILDREN'S ACADEMY



License #376700970

Program Description

QCS Children's Academy follows an early education program that is committed to providing high quality pre-school experiences to prepare each child for a smooth transition into Kindergarten. The Academy is a developmental, play-based program founded on the belief that children are competent, capable and self-motivated learners.

QCS Children's Academy programs (Full Fee and State Funded) promote an enriched age appropriate curriculum that values a strong sense of personal integrity, social responsibility, respect and courtesy for others, along with a passion for learning in a nurturing environment. Throughout the day, children are given the autonomy to make their own choices and explore inviting activities either indoors or outdoors. Our qualified, dedicated and experienced staff will ensure that your child has a positive, rewarding and fun learning experience. The center provides meals and snacks. For information and registration contact QCS (760) 451-9885 qcacademy@att.net.

PRESCHOOL PROGRAM

Time 6:30 am – 5:30 pm

Ages 3 – 5 years

CALIFORNIA STATE PRESCHOOL PROGRAM

Available for families that meet the eligibility requirements and are within the State's income ceilings. Example of Income Levels below.



QCS CLASSROOM

QCS CHILDREN'S ACADEMY MONTHLY TUITION

	Full Day 6+ hours	Three Quarters Time 4 + to 6 hours	Half Day 4 hours
5 days/week	\$550	\$425	\$350
4 days/week	\$510	\$400	\$325
3 days/week	\$400	\$375	\$275
2 days/week	\$300	\$225	\$175
For an extra day	\$35 per day	\$30 per day	\$25 per day

Registration/supply fee: \$75 (\$100 for family of 2 or more)

Part-time Fee	Full-Time Fee	Family Size 1 or 2	Family Size 3	Family Size 4	Family Size 5	Family Size 6	Family Size 7	Family Size 8 or more
\$21.00	\$42.00	1,820	1,950	2,167	2,513	2,860	2,925	2,990
\$27.00	\$53.00	1,893	2,028	2,253	2,614	2,974	3,042	3,109
\$32.00	\$63.00	1,965	2,106	2,340	2,714	3,089	3,159	3,229
\$37.00	\$74.00	2,038	2,184	2,426	2,815	3,203	3,276	3,349
\$42.00	\$84.00	2,111	2,262	2,513	2,915	3,317	3,393	3,468
\$48.00	\$95.00	2,184	2,340	2,600	3,016	3,432	3,510	3,588
\$56.00	\$111.00	2,257	2,418	2,686	3,116	3,546	3,627	3,707



SUMMER CAMP 2015

SUMMER CAMP 2015 SCHEDULE

Week 1: June 8-12 – Theme: Amazing Race

Pack your bags and grab your passports, we are off on a new adventure! This week we will learn about different cultures and countries through games, music, foods and crafts. Come prepared to have fun, make new friends, and enjoy our kick off to summer!

Week 2: June 15-19 – Theme: Out of this World

Blast off into a week of exploring deep space! Why is Pluto no longer a true planet? How strong is Earth's gravitational pull? We'll uncover the answers to these and other space curiosities that have mystified humans for thousands of years. We will also find out what it takes to be an astronaut, eat lunch under the stars, and dodge flying comets.

Week 3: June 22-26 – Theme: Games Galore

Get ready to move and groove with a week full of games and activities that focus on having fun, developing sportsmanship, and learning how to be a team player. You'll enjoy new games from variations of Tag to Ultimate Frisbee.

Week 4: June 29 - July 3 – Theme: All Star Week

Embrace you inner All Star! Come kick-it with us and enjoy a week full of sports! Learn team building through friendly competition with Soccer, Volleyball, Capture the Flag, Flag Football and more!

Week 5: July 6-10 – Theme: Navigating Nature

Walk like a fox, hear like a deer, and put on your eagle eyes! Hone your awareness skills as you embark on an up-close-and-personal look at the natural world around you during Navigating Nature Days. Even the most careful natural predator leaves behind clues. We'll learn some basic tracking techniques, learn to read clues in the landscape, and solve a natural mystery this week!

Week 6: July 13-17 – Theme: Super Hero

Is it a bird? Is it a plane? No! It's Summer Camp! Join us for a week full of costumes, super powers, magic, and more! Learn what it takes to become a true super hero by working together as a team, using your wits, and of course learning how to use your super hero powers for good!

Week 7: July 20-24 – Theme: Let's Be Pirates

Arggggh you ready for some swashbuckling fun? We are! Dress like pirates, talk like pirates and join us for a fun filled week of treasure hunts, crafts, walking the plank and more!

Week 8: July 27-31 – Theme: Aloha

Have fun this week playing various Hawaiian themed games, musical beach towels, beach ball bonanza, hula hoops, and more! Crafts and activities include pineapple pops, temporary tattoos and leis, Hawaiian music, and erupting volcanoes.



JUNE 8–JULY 31

FALLBROOK COMMUNITY CENTER

341 Heald Lane ♦ 760•728•1671

Camp Hours 7:00 am–6:00 pm

- Eight fun-filled weeks for kids ages 5-12.
- Activities include field trips, sports, game room activities, arts and crafts, special theme days and more.
- Fees include all project materials, daily snack, and field trips.
- Camp fills up quickly, please register at least one week in advance!

SUMMER CAMP 2015 FEES

Early Registration: \$99 per week

After May 29: \$120 per week

Summer Camp T-shirt: \$15

Campers must wear their 2015 Summer Camp t-shirt for every field trip.



Find us on Facebook
at Fallbrook Community Center

YOUTH PROGRAMS

Scholarships Available

SUMMER DAY CAMP

Date	Monday – Friday, June 8 – July 31
Camp Hours	7:00 am – 6:00 pm
Early Reg	\$99 per week
After May 29	\$120 per week
Camp T-shirt	\$15



Eight fun-filled weeks of day camp for kids ages 5-12. Activities include field trips, sports, game room activities, arts and crafts, special theme days, and more. Fees include all project materials, one daily snack, and field trips. Campers must wear their 2015 Summer Camp t-shirt for every field trip. The camp fills quickly so register at least one week in advance.

****Please Note:** Field Trips and weekly themes are subject to change. Day Camp will not meet August 3-14. School begins August 17.

THANK YOU PAST AND CURRENT SUMMER CAMP SPONSORS, INCLUDING: ANGEL SOCIETY OF FALLBROOK, CURRENT WISDOM FOUNDATION, AND ST. JOHNS THRIFT SHOP.

C.I.T. PROGRAM (COUNSELOR-IN-TRAINING)

Date	Monday-Friday, June 8 – July 31
Time	7:00 am – 6:00 pm
Ages	13 – 17 years
Fee	\$45 per week, C.I.T. T-shirt \$15
Class Limit	4 per week

Interested in becoming a camp counselor?

The C.I.T. program offers opportunities for teenagers to gain necessary knowledge and experience that will greatly add to their future job qualifications. Under the direction and supervision of a Camp Director, C.I.T.'s will learn about basic camp operations, improve interaction and leadership skills, perform assigned daily and weekly duties, enhance creativity and the ability to think on their feet, and work in a multiple task environment while utilizing fundamental managerial skills.

Typical C.I.T. responsibilities include:

- Supervision of campers;
- Interaction and counselor tasks as C.I.T.'s will have opportunities to work with younger campers in specified groups;
- Forwarding/delivering messages to their staff member;
- Delivering supplies to camp activities and facilities;
- Daily and weekly camp set-up tasks such as preparing for daily activities, lunch and snacks;
- All C.I.T.'s must wear a C.I.T. T-shirt during camp hours.

ART AND CRAFTS BY DANIEL

MARIONETTES

Date	Monday – Friday, June 8 – June 12
Time	9:30 am – 1:00 pm
Instructor	Daniel Martinez
Ages	6 – 13 years
Fee	\$60 & \$15 materials paid to instructor
Class Limit	6 – 12

Participants create animal and character marionettes from recycled materials. The instructor demonstrates various styles, and lectures on the origins of these puppets throughout history. Each student fabricates a movable sculpture that they can showcase at the culmination of the workshop in a creative skit to the class. Basic drawing, fabrication, and decorating will be explored in this hands-on workshop.

FANTASY SCULPTURES

Date	Monday – Friday, June 15 – June 19
Time	9:30 am – 1:00 pm
Instructor	Daniel Martinez
Ages	6 – 13 years
Fee	\$60 & \$15 materials paid to instructor
Class Limit	6 – 12

This workshop challenges and examines how the trash our society throws away, and materials of daily products we use, can be converted into artistic animals, creatures, machines, or cityscapes. Basic drawing, multimedia construction, and creative writing explored. This workshop challenges each participant to go beyond artistic traditions. Materials include: plastic bottles, tin cans, small boxes, carton materials, foam, rubber, fiber remnants, used electronic parts, plastic of all sorts, acrylic paint, glue and more.

PAPER MACHE MADNESS

Date	Monday – Friday, June 22 – June 26
Time	9:30 am – 1:00 pm
Instructor	Daniel Martinez
Ages	6 – 13 years
Fee	\$60 & \$15 materials paid to instructor
Class Limit	6 – 12

This workshop explores *papier-mâché* fabrication of many styles and items made from simple materials. Projects include bowls, secret boxes, to wearable jewelry, picture frames and more. Various techniques of layering, molds making, and types of paper mache products will be explored. This is a hand-on workshop that is very entertaining and challenging.

FABRIC ART SESSION I

Date	Monday – Friday, June 29 – July 3
Time	9:30 am – 1:00 pm
Instructor	Daniel Martinez
Ages	6 – 13 years
Fee	\$60 & \$15 materials paid to instructor
Class Limit	6 – 12

Make a fashion statement on fabric and blue jeans. This hands on workshop explores, stenciling, embossing, pattern printing, fabric painting and more. One cannot get enough of the diverse applications to use on fabric. Students are encouraged to bring in clothing items to enhance, such as old jean jackets, sneakers, etc.

FABRIC ART SESSION II

Date Monday – Friday, July 6 – July 10
Time 9:30 am – 1:00 pm
Instructor Daniel Martinez
Ages 6 - 13 years
Fee \$60 & \$15 materials paid to instructor
Class Limit 6 - 12

The Fabric Art Class continues with Fashion drawing and sketching today's trends and styles. A fashion work of art will be created by each student, and a continuation of wearable jewelry, and painted accessories.

SCREEN PRINTING

Date Monday – Friday, July 13 – July 17
Time 9:30 am – 1:00 pm
Instructor Daniel Martinez
Ages 6 - 13 years
Fee \$60 & \$20 materials paid to instructor
Class Limit 6 - 12

Fabric art continues with an amazing style of printmaking on paper and fabric. Students explore textile printing for clothing. The imprinting industry in southern California started with the t-shirt as a vehicle of expression, style, and identity. The instructor has years in the sportswear industry and teaches students how to create and print their own or group designs. Drawing design from concept to production and application will be explored and implemented.

PINATA PARTY

Date Monday – Friday, July 20 – July 24
Time 9:30 am – 1:00 pm
Instructor Daniel Martinez
Ages 6 - 13 years
Fee \$60 & \$15 materials paid to instructor
Class Limit 6 - 12

This hands on creative workshop will discuss the history of the Piñata, and students explore how one can create from simple materials a fun and artistic sculpture that can be broken, or saved as an artistic work of art. Basic drawing, traditional construction techniques, and decorative skills will be learned and applied. The culmination of the program will be a piñata breaking ceremony. Materials include: newspaper, balloons, paper tubes, cardboard, colored tissue, paper, acrylic paint and decorative elements.

SHABBY CHIC FURNITURE

Date Monday – Friday, July 27 – July 31
Time 9:30 am – 1:00 pm
Instructor Daniel Martinez
Ages 6 - 13 years
Fee \$60 & \$20 materials paid to instructor
Class Limit 6 - 12

Refurbish a small piece of furniture, chair, picture frame, box or other items. This workshop teaches the student, how to prep, restore, rebuild, and repaint a functional item for them to enjoy. Chalk paint will be introduced, faux, distressed, crackle styles, sanding, and basic filling and repairs. Color theory and fashion styles will be explored. Students are encouraged to bring a small or medium size item to restore.

WONDER SCIENCE SUPER CAMP #4

Date Monday – Thursday, July 6 – July 9
Time 1:00 pm – 4:00 pm
Instructor Josh Miller
Ages 5 - 13 years
Fee \$135 & \$20 materials paid to instructor
Class Limit 10 - 20

This science camp will be hands-on fun from beginning to end! Your child will do 50 hands-on experiments including: ride real hovercrafts, write with fascinating invisible ink, grow crystal gardens, steer floating 60 foot solar blimps, make rock board collections, float hot air balloons, launch giant smoke rings, set off the ultimate mentos geysers, build lava lamps, make glow in the dark signs, grow fantastic crystals, cast T-Rex dinosaur fossils, and much more!

WONDER SCIENCE SUPER CAMP #6

Date Monday – Thursday, July 13 – July 16
Time 1:00 pm – 4:00 pm
Instructor Josh Miller
Ages 5 - 13 years
Fee \$135
\$20 materials paid to instructor
Class Limit 10- 20

This science camp will be hands-on fun from beginning to end! Your children will do over 50 hands-on experiments including: make and launch amazing water rockets, fire balloon rockets, make oil tornados collect fossils, explore robotics, make pinhole cameras, build barometers, split water, hollow out pennies, create foot long lighting, split light, fly remote controlled dragonflies, and much, much more. This is a tremendous camp to enrich your children's thirst to know more about the world around them!



ARTS AND CRAFTS

YOUTH FITNESS

Scholarships Available

BEGINNER YOUTH VOLLEYBALL

Date Monday – Friday, June 8 - 12
Time 9:00 am – 10:30 am
Instructor Anette Nielson
Ages 8 - 12 years
Fee \$80 for one week session
Class Limit 8 - 12



Come and learn how to play volleyball through fun games. We will work on basic skills like serving, passing, setting and spiking. Learn to become a team player and improve your coordination, body strength and flexibility. We want to have fun while learning how to play the game. Please bring your own volleyball and water.



GYM KIDS

Date Tuesdays, June 16 – July 14
Time 3:15 pm – 4:00 pm
Instructor Anette Nielson
Ages 4 – 6 years
Fee \$60 for one week session
Class Limit 8 - 12



This class is designed to work body and mind. We will be working on basic tumbling and sport skills. Build body strength and self-confidence. With the use of different equipment children will stay engaged and have lots of fun! Anette Nielson has been teaching children's gymnastic and movement for over 35 years at schools, preschools, and community centers.

AFTER SCHOOL DOJO: KENPO KARATE

Date Wednesdays (ongoing)
Time 6:30 pm – 7:15 pm
Instructor Jay Trussel
Ages 5 – 18 years
Fee \$35 per 4 week session
 \$10 per single class
Class Limit 10 – 20



After School Dojo is a self-defense and safety program to promote a higher level of self-confidence, discipline, physical fitness, concentration, and self-esteem using Kenpo Karate. Kenpo Karate emphasizes fast hand techniques used in rapid succession. Advancement in rank is offered from beginner to black belt, our goal is for our students to get their black belts in a healthy and safe atmosphere.



AFTER SCHOOL DOJO: KENPO KARATE

ADULT FITNESS

Scholarships Available

BEGINNING YOGA

Date *Tuesdays and Thursdays (ongoing)*
Time 9:00 am – 10:15 am
Instructor Cheryl Lindberg
Ages 12 years and older
Fee \$8 per class (Purchase of 10 classes)
 \$10 per single class
Class Limit 5 – 20



Yoga is for everyone! Maintaining strength and flexibility throughout our lifetime is the key to having an enjoyable and vital life, now and in the future. We go beyond just yoga by adding light weights, modifying postures using chairs, therapy balls and the wall. Come join us for a generous hour of fun, friendship and fitness.



FITNESS FUSION

Date *Mondays, Wednesdays and Zumba Fridays (ongoing)*
Time 8:30 am – 9:30 am
Instructor Ann Wade (BA, RYT, AFAA, Zumba Affiliate)
Ages 13 years and older
Fee \$8 per class (purchase of 10 classes)
 \$10 per single class
Class Limit 10 – 50

Join in for some joyful, low-impact cardio dance plus a fusion of strength training, yoga, stretch, and relaxation techniques. Our variety of music and dance cardio styles keeps it fresh with country, Broadway, hip hop, and Zumba Fridays! This class brings together all the fun tools to encourage a healthy, whole you. Join us! New students please come 15 minutes early to register. More information on classes with Ann Wade can be found at www.wadeintofitness.com.

TAI CHI CHUAN

Date *Fridays (ongoing)*
Time 10:00 am – 11:00 am
Mondays (ongoing) 5:15 pm – 6:15 pm
Instructor Gus Poletti
Ages All ages
Fee \$45 per four week session
 \$75 per eight week session
Class Limit 5 – 25



Tai Chi, also called “Meditation in Movement,” is a soft and slow way of movements that can be practiced by people of all ages. Benefits of this exercise include stress reduction, better focus and concentration, increased flexibility, improved strength, enhanced memory, improved circulation, and increased coordination. For more information, please contact the instructor, Gus Poletti at (951) 698-5788 or gmpoletti@yahoo.com.

HEALING YOGA



Date *Mondays and Wednesdays (ongoing)*
Time 5:15 pm – 6:15 pm
Instructor Ann Wade (BA, RYT, AFAA, Zumba Affiliate)
Ages 13 years and older
Fee \$8 per class (purchase of 10 classes)
 \$10 per single class
Class Limit 10 – 50

Renew, strengthen, and heal your body. Feel centered and focused. Healing Yoga provides an approachable style of yoga for everyone. While honoring the ancient practice of Hatha Yoga, Healing Yoga incorporates modern fitness and safety guidelines. Yoga poses are shown with multiple modifications so everyone will feel successful. Come enjoy yoga in a nurturing environment. New students please come 15 minutes early to register. More information on classes with Ann Wade can be found at www.wadeintofitness.com.

ZUMBA FRIDAYS WITH FITNESS FUSION!



Date *Fridays (ongoing)*
Time 8:30 am – 9:30 am
Instructor Ann Wade (BA, RYT, AFAA, Zumba Affiliate)
Ages 13 years and older
Fee \$8 per class (purchase of 10 classes)
 \$10 per single class
Class Limit 10 – 50

Zumba your way! You don't need to know how to dance just move your body and follow the lead. It's easy! 30-40 minutes of Zumba cardio, followed by balance, stretch, and strengthening exercises. Feel the excitement! New students please come in 15 minutes early to register. More information on classes with Ann Wade can be found at www.wadeintofitness.com.

PICKLEBALL

Date *Tuesdays and Thursdays (ongoing)*
Time 6:00 pm – 8:00 pm
Ages 13 years and older
Fee \$2 per evening
Class Limit 8-20



Pickleball is a paddle sport played on a court ¼ the size of a tennis court. The game has elements of badminton, tennis and ping pong, and is easy to learn. The game can be played by singles or doubles. Pickleball is a fast paced, fun and social sport enjoyed by adults of all fitness levels. Tactics, shot placement and patience are much more important than sheer strength. Pre-registration is not required. Loaner paddles are available for check out at the community center office. Stop by and try it out!

SPECIAL INTEREST

AQUAPONICS EXHIBIT

We are very excited to announce the success of our first ever Aquaponics Exhibit! What is Aquaponics? To find out more about the benefits of Aquaponics to your health, water efficiency, and our environment please stop by the community center where we will have free tours of the exhibit available by appointment. This permanent exhibit is brought to us through the Friends of the Fallbrook Community Center and the generosity of The Current Wisdom Foundation. For more information or to make an appointment, please call (760) 728-1671 or drop by the Fallbrook Community Center.

DOG OBEDIENCE TRAINING BASICS

Date **Wednesdays, June 17 – July 22**
Time **6:00 pm – 7:00 pm**
Instructor **Rick Williams**
Ages **Humans: 12 years and older**
Dogs: 4 months and older with vaccinations
Fee **\$105 for six week session**
\$10 materials paid to instructor
Class Limit **6-18**

True freedom for your dog comes only through proper training. With a firm combination of loving and patient training methods, owners and instructor will turn our four legged friends into well-mannered family members. Basic obedience commands will be covered such as "watch me," "sit," "down," "stay," "let's go," and "come." Students will develop leadership skills and work on socializing their dogs. The class is for dogs 4 months and older with vaccinations. Class meets rain or shine. First class orientation is strongly recommended and please do not bring dogs to first class.



DOG OBEDIENCE



WATERCOLOR

DRIVER EDUCATION

Date **Ongoing**
Ages **14 - 18 years**
Instructor **All Good Driving School, Inc.**
Fee **\$40 for online course**

Driver education is a California required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement and is fun, interactive, and educational.

WATERCOLOR CLASSES

Date **Mondays (ongoing)**
Time **1:00 pm – 4:00 pm**
Instructor **Pam Benson**
Ages **18 years and older**
Fee **\$100 per session**
\$75 per 3 class sessions
\$25 per single class
Class Limit **5 – 15**

Experience the exciting world of watercolor! You will learn about the various supplies used for this medium and basic to advanced painting techniques. We will study the techniques of various artists, and usually complete two 16x20 paintings per session. All levels are welcome. Beginners will have a pattern supplied and are taken step-by-step through the painting process. More advanced students will work on their own original projects with instruction on composition, drawing, and color. For more information, please contact the instructor, Pam Benson, at (951)302-9879 or pamjbenison@verizon.net.

SENIOR LUNCH

Date	Monday – Friday (ongoing)
Time	11:15 am – 12:15 pm
Ages	Seniors
Fee	\$4

The Fallbrook Senior Center serves a hot, nutritious lunch in the community center dining room. Meals are for seniors 60+ and reservations are not required. Meals are also delivered to home bound seniors unable to attend lunch at the community center. This project is sponsored by the Fallbrook Senior Citizens Service Club, generous contributions from friends and organizations in the community, and the Older Americans Act Fund through the County of San Diego Aging and Independent Services. For more details call the Senior Center at (760) 728-4498.

CHILDBIRTHING PREPARATION CLASSES

Date	Saturdays, June 6 – June 27
Time	9:30 am – 11:30 am
Instructor	Cristi Lewis CPM, CHom
Ages	All Ages
Fee	\$120 per couple
Class Limit	3 – 6

In this 4-week series, women and their partners will explore all birthing options available to them as well as learn about the process of labor and birth from a natural point of view. We will practice techniques designed to cope with the intensity of labor and couples will be empowered with the knowledge needed to make good decisions for themselves and their babies.

Topics include choosing a birth setting, nutrition and herbs for pregnancy, the biology of labor and birth, how to prevent complications after the baby comes, and breastfeeding. Wear comfortable clothes and bring a cushion to sit on, as we will be learning exercises designed to ease the labor and birth process. You do not need to be pregnant to attend!

PREPARACIÓN PARA PARTO Y NACIMIENTO

Fecha	Sabados, Agosto 8 – Agosto 29
Horario	9:30 am – 11:30 am
Instructor	Cristi Lewis CPM, CHom
Edades	Todas Las Edades
Costo	\$120 por cuatro clases
Class Limit	3 – 6

en Español

En esta serie de cuatro clases, mujeres y sus parejas exploraran todas las opciones disponibles para parto y nacimiento. También aprenderán sobre el proceso del parto y nacimiento natural. Vamos a practicar técnicas que ayudan a superar la intensidad del parto. Las parejas conocerán las cosas que son necesarias para hacer decisiones buenas para ellos y sus bebés. Temas incluyen decisiones sobre el lugar de nacimiento, nutrición y hierbas para el embarazo, la biología del parto y nacimiento, prevención de complicaciones, la cuarentena, y amamantando. Traigan ropa cómoda y una almohada para sentarse; vamos a aprender ejercicios para hacer su parto y el nacimiento más fácil y suave. No es necesario ser embarazada para atender la clase!

FALLBROOK AREA PARKS



FALLBROOK AREA PARKS

LIVE OAK COUNTY PARK

2746 Reche Road
Fallbrook | 760-728-2303
Reservations | 877-565-3600

Live Oak Park has long been the cornerstone of Fallbrook. First inhabited by Native Americans, the park is an oak tree forest that begs for visitors to stay and enjoy its beauty. The park is ideal for picnicking, strolling and sharing time with family and friends. Live Oak has a beautiful setting for special events such as weddings, family reunions, and public ceremonies. The park is home to woodpeckers, hawks and songbirds that swoop between the ancient oaks.

RAINBOW COUNTY PARK

5157 Welty Road
Fallbrook | 760-728-2303
Reservations | 877-565-3600

Rainbow is a 5-acre park located in the community of Rainbow, north of Fallbrook. It has a large picnic area with a pavilion, shaded playgrounds, and multi-use sports fields for softball and soccer, basketball and tennis courts. The park is open 7-days a week from 8:00 am to one half hour before sunset.



Presented by:



WENDY WISE



Free evening movies all summer for the whole family...

2015 Summer Movies in the Park

Friday, June 12: The Book of Life Rated PG

Friday, August 7: Home Rated PG

Fallbrook Community Center • 341 Heald Lane • 760-728-1671

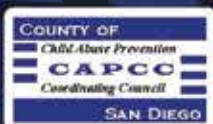
Friday, July 17: Big Hero 6 Rated PG

Live Oak County Park • 2746 Reche Rd. • 760-728-2303

Movies will begin at dusk.

Looking for a fun, free, and fabulous family activity in your neighborhood?
Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night
under the stars. **Come early and get a good seat!**

Sponsored by:



Produced by:



For full series schedule and select movie trailers, visit:

www.SummerMoviesinthePark.com



EVENTOS Y CLASES EN EL FALLBROOK COMMUNITY CENTER

Regístrese: www.sdpc.org

Lláme al: 760-728-1671

En persona: Lunes - Viernes, 9am-5pm

YOGA PARA PRINCIPIANTES			Fecha: Corriente
Horario: 9:00am-10:00am	Días: Martes y Jueves	Edades: 12 años y mas	Costo: \$8/ clase (compre 10) o \$10/ clase sencilla
FITNESS FUSION: RESISTENCIA + FUERZA + ESTIRAMIENTO + SERENIDAD			Fechas: Corriente
Horario: 8:30am-9:30am	Días: Lunes-Miércoles-Viernes	Edades: 13 años y mas grandes	Costo: \$8/ clase (compre 10) o \$10/ clase sencilla
TAI CHI CHUAN			Fechas: Corriente
Horario: 10:00am-11:00am	Días: Viernes	Edades: Todad edades	Costo: \$45 por sesion de 4 semanas o \$75 por sesion de 8 semanas
Horario: 5:15pm - 6:15pm	Días: Lunes	Edades: Todad edades	Costo: \$45 por sesion de 4 semanas o \$75 por sesion de 8 semanas
YOGA SANATIVA			Fechas: Corriente
Horario: 5:15pm-6:15pm	Días: Lunes y Miércoles	Edades: 13 años y mas	Costo: \$8/ clase (compre 10) o \$10/ clase sencilla
VIERNES DE ZUMBA CON FITNESS FUSION!			Fechas: Corriente
Horario 8:30am-9:30am	Días: Viernes	Edades: 13 años y mas	Costo: \$8/ clase (compre 10) o \$10/ clase sencilla
PICKLEBALL			Fechas: Corriente
Horario:6pm-8pm	Días: Martes y Jueves	Edades: 13 años y mas	Costo: \$2 por la tarde
VOLEIBOL PARA JOVENES			Fechas: 6/8 -6/12
Horario: 9:00am - 10:30am	Días: Lunes - Viernes	Edades: 8 - 12 anos	Costo: \$80 por sesion de 1 semana
DESPUES DE ESCUELA DOJO:KENPO KARATE			Fechas: Corriente
Horario: 6:30pm-7:15pm	Días: Miércoles	Edades: 5 - 18 años	Costo: \$35 por sesión de 4 semanas o \$10/clase sencilla
GYM KIDS			Fechas: 6/16-7/14
Horario 3:15pm - 4:00pm	Días: Martes	Edades: 4 - 6 anos	Costo: \$ 60 por sesion de 1 semana
CAMPAMENTO DE VERANO			Fechas: 6/8-7/31
Horario: 7:00am - 6:00pm	Días: Lunes - Viernes	Edades: Kinder - 6to grado	Costo: \$120
ARTE CON DANIEL			Fechas: 6/8 - 7/31
Horario: 9:30am - 1:00pm	Días: Lunes - Viernes	Edades: 6 - 13 años	Costo: \$60 por sesion de 1 semana (\$15 o \$20 por materiales)
WONDERS SCIENCE SUPER CAMP #4			Fechas: 7/6 -7/9
Horario: 1:00pm - 4:00pm	Días: Lunes - Jueves	Edades: 5 - 13 años	Costo: \$135 (\$20 costo de materiales)
WONDERS SCIENCE SUPER CAMP #6			Fechas: 7/13-7/16
Horario: 1:00pm - 4:00pm	Días: Lunes - Jueves	Edades: 5 - 13 años	Costo: \$135 (\$20 costo de materiales)
ENTRENAMEINTO DE OBEDENCIA BASICA DE PERROS			Fechas: 6/17-7/22
Horario: 9:30am-10:30am	Días: Miercoles	Edades: 12 años y mas	Costo: \$105 por sesión de 6 semanas (\$10 por materiales)
EDUCACION DE CONDUCTORES			Fechas: Corriente
Horario: N/A	Días: N/A	Edades: 14 - 18 años	Costo: \$40
CLASSE DE ACUARELA			Fechas: Corriente
Horario: 1:00pm-4:00pm	Días: Lunes	Edades: 18 años y mas	Costo: \$100 por sesión de 4 semanas
ALMUERZO PARA PERSONAS DE TERCERA EDAD			Fechas: Corriente
Horario: 11:15am	Días: Lunes-Viernes	Edades: Personas de tercera edad	Costo: \$4
PREPARACION PARA PARTO Y NACIMIENTO			Fechas:8/8-8/29
Time: 9:30am - 11:30am	Días: Sabados	Edades: Todas edades	Costo: \$120
PELICULAS EN EL PARQUE			Fechas: 12 de Junio y 7 de Agosto
Horario: Anocheceer	Días: Viernes	Edades: Todas edades	Costo: GRATIS
BANCO DE SANGRE DE SAN DIEGO			Fechas: 11 de Junio
Horario: 12:30pm - 5:30pm	Días: Jueves	Edades: 18 años y mas	Costo: GRATIS
BATALLA DE LAS BANDAS			Fechas: 18 de Julio
Horario: 2:00pm - 8:00pm	Días: Sábado	Edades: Todas edades	Costo: \$5 por persona

El Fallbrook Community Center es un lugar cómodo, accesible y atractivo para su evento especial. Piensen en nosotros para su próxima boda, cumpleaños, aniversario, banquete o reunión! Para obtener más detalles, póngase en contacto con el Community Center al 760-728-1671.

LIVE OAK COUNTY PARK WEDDINGS & PICNICS

Live Oak County Park offers a beautifully constructed amphitheater for weddings and other special events. The Park also features play equipment, ball fields, a hiking trail, horseshoe pits, a volleyball court, BBQ's, and a beautiful grove of mature oak trees. Picnic areas can accommodate 30 to over 300 people.

Location	Accommodations	BBQs	Fees	Other
1	72	3 small	\$105.00	No electricity
2	60	2 small	\$105.00	No electricity
3	84	1 large	\$180.00	Electricity Included, one large brick BBQ
4	292	1 large	\$280.00	Electricity Included, food preparation table, one large four grill BBQ
5	108	3 medium	\$180.00	Electricity Included
6	64	1 large	\$105.00	Food service counter, one large brick BBQ horseshoe courts
Pavilion	50	None	\$105.00	Electricity Included, small Stage, dance floor
Amphitheater	88 seats/110 Max	None	\$350.00	Electricity Included, wedding venue, interpretive programs



Other fees may apply.

To learn more or make a reservation visit www.sdparks.org, or call (877) 565-3600.

To speak with a Park Ranger call (760)728-2303.

FALLBROOK COMMUNITY CENTER RENTALS

FOR YOUR WEDDING | BIRTHDAY | ANNIVERSARY | BANQUET | MEETING

The Fallbrook Community Center is a convenient, affordable, and attractive location for your special event. The building is fully air conditioned, rooms can accommodate up to 300 guests, tables, chairs, a public address system and commercial kitchen facilities are all available.

Room	Capacity	Square Feet	Regular Hr./Day	Non Profit Hr./Day	Refundable Deposit	Table / Chair Rental Fee
Auditorium (Fri – Sun)	300/220	4032 sq. ft.	\$540/4 hrs. \$100 additional hour	\$405/4 hrs. \$75 additional hour	\$300	\$50
Auditorium (Mon – Thurs)	300/220	4032 sq. ft.	\$100 hour	\$75/hour	\$150	\$40
Kitchen – with Auditorium or North Room only			\$105 flat rate	\$85 flat rate		
Eucalyptus Room	45	528 sq. ft.	\$27/hr.	\$20/hr.		
North Room	90/60	1025 sq. ft.	\$220/4 hrs. \$55 additional hour	\$160/4 hrs. \$40 additional hour	\$100	\$25



FALLBROOK COMMUNITY CENTER

Equipment Available

Auditorium: Podium / PA System & CD Player / Microphone and Stand / TV & DVD Player / Projection Screen



FALLBROOK COMMUNITY CENTER

Tables & Chairs

Folding chairs, round tables and rectangle tables available. Please call for more information.

RESERVE A COMMUNITY CENTER PAVILION FOR YOUR NEXT BBQ OR PICNIC

There are two picnic pavilions on the community center grounds that may be reserved. The reservation fee for either area is \$100 per day. Hours are 9 am to dusk. Please – no live bands or DJ's. Jumper okay at Heald Lane area only for additional fee.

Fallbrook Street Picnic Pavilion

- Includes a covered picnic pavilion and 4 picnic tables to seat up to 32 guests.
- Located next to a fenced playground, basketball court and grass play area.

Heald Lane Picnic Pavilion

- Includes a covered picnic pavilion, 4 picnic tables to seat up to 32, three BBQ's, grass play area, sand volleyball courts and restrooms. Electricity is available for an additional \$25. Jumper okay for an additional \$25 plus insurance.
- All picnic reservations must be prebooked and prepaid.

For information contact the Community Center Office (760) 728-1671 or email Fallbrook.community.center@sdcountry.ca.gov.

FALLBROOK COMMUNITY CENTER

341 Heald Lane
Fallbrook CA 92028

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FALLBROOK COMMUNITY ACTIVITY & PROGRAM GUIDE

WWW.SDPARKS.ORG



Fallbrook Community Center

The Fallbrook Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.



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